

CYREX LABS Test Preparation

Step 1- Patient Preparation

1. Schedule Your Initial Naturopathic Consult and follow up visit for the interpretation for your lab results approximately 2 weeks after the lab has received your sample.
2. See FAQs below

Step 2- The Cyrex Lab Test

Follow the directions in your test kit.

Step 3- Interpretation

1. Your healthcare provider will provide you with the results and recommendations for next steps.

Insurance & OHIP: This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan, if applicable.

Lab test results are generally available 2 weeks post lab receiving your sample. Please schedule your post-lab follow-up to review your results and integrate them into your health plan.

If you have any questions: 613-829-7100 or info@revivelif.ca

Cyrex Patient FAQs

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[Sample Collection for Testing](#)

Q: What kind of specimens does Cyrex require for testing?

A: Depending on what your healthcare professional orders, Cyrex tests oral fluid (saliva) and serum (blood) specimens.

Q: Are there any medications, foods, conditions, or other factors that could interfere with the results of a Cyrex test?

A: Yes. While Cyrex is unable to provide an exhaustive answer to this question due to the interactive complexities and varieties of medications and patient circumstances, the following has been noted:

- a. Immunosuppressant and corticosteroid drugs can reduce antibody production and cause false negative results.
- b. Limited assessments on the effects of aspirin, acetaminophen, and antipsychotics on Arrays 1-4 have been performed. No noticeable effects were observed.

- c. Inhalers can affect the results of Cyrex's oral fluid testing (Array 14). Wait two weeks after completion of inhalant dosages before collecting the specimen.
- d. Unknown cross-reactive epitopes from foods and microorganisms may stimulate the antibody production in the absence of a true antigen. Cyrex has already developed Array 4 in order to recognize the most common antigens in this regard.
- e. A gluten-free diet can cause false negative results.

Patients should consult with their HCP regarding any questions or concerns they may have.

Q: What kind of specimen should I collect for my test?

A: The specimen required is indicated at the bottom of your Test Requisition Form, in the section "Test(s) Ordered," under Specimen Required.

TEST(S) ORDERED:	Sample Required	RECEIVING: (FOR CYREX USE ONLY)
Array 3 - Wheat/Gluten Proteome Reactivity & Autoimmunity	Serum (Blood)	Specimen: <input type="checkbox"/> Oral Fluid <input type="checkbox"/> SST <input type="checkbox"/> Serum
Array 4 - Gluten-Associated Cross-Reactive Foods and Foods Sensitivity	Serum (Blood)	Date: _____ Time: _____
		Comments: _____

Q: What is in a Specimen Collection Kit?

A: Cyrex Specimen Collection Kits contains the tubes needed to collect and ship oral fluid or serum. Contents include:

- Box
- Protective Foam Insert
- Specimen Biohazard Bag
- Specimen Collection, Handling and Shipping Instructions
- 1 Tiger Top Tube (for collecting blood - **to be handled by Phlebotomist only**)
- 1 Pour-off Tube (for serum transport - **to be handled by Phlebotomist only**)
- 1 Oral Fluid Tube (with pointed bottom and preservative strip inside, **collected by patient at home**)

Q: My healthcare professional ordered more than one test for me, but only gave me one collection kit. Do I need another collection kit?

A: No. One (1) Specimen Collection Kit is enough to complete all tests Cyrex currently offers.

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Oral Fluid

Q: Do I have to fast before my Cyrex test?

A: Detailed specimen collection instructions regarding fasting are included in each Specimen Collection Kit, which must be read before collecting any specimens. Oral fluid testing collection requires no eating one hour before and no drinking 30 minutes before collection. Blood testing has no fasting requirements or collection restrictions. However, eating a high fat meal prior to your blood draw can cause your serum specimen to be lipemic. Lipemic specimens are rejected by Cyrex Labs.

Q: I ate something before collecting my oral fluid, and I see that my sample is not clear. Should I rinse out the tube and recollect my specimen?

A: Contact your doctor to obtain a fresh collection tube. Do not rinse and reuse the collection tube.

Q: What is this piece of paper inside the oral fluid collection tube?

A: The paper is soaked with a preservative (you may also see condensation droplets inside the tube) that keeps your specimen stable during shipment.

Q: Is the liquid in the oral fluid collection tube harmful?

A: The liquid is a part of the preservative paper. It will not harm the patient if accidentally swallowed.

Q: My doctor wants me to have an oral fluid test done, but I live far away from his/her office. Can I have the collection supplies mailed to my home?

A: Cyrex ships collection kits directly to its professional clients. Please coordinate with your ordering professional to receive a collection kit.

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[Blood](#)

Q: Do I have to fast before my Cyrex test?

A: Detailed specimen collection instructions regarding fasting are included in each Specimen Collection Kit, which must be read before collecting any specimens. Blood testing has no fasting requirements or collection restrictions. However, eating a high fat meal prior to your blood draw can cause your serum specimen to be lipemic. Lipemic specimens are rejected by Cyrex Labs.

Q: I live in/near Phoenix. Can I go to Cyrex to have my blood drawn?

A: Cyrex Laboratories does not offer on-site phlebotomy services. Phlebotomy appointments and locations can be found and scheduled in your local lab. Speak to your patient care coordinator at the clinic in which the test kit was obtained.

Q: Do I have to use a Cyrex-contracted Draw Center?

A: No. Patients may choose to use any location or service to perform the blood collection. In this case, the patient will be fully responsible for any draw fee and or processing fee that location or service charges.

Q: Do I need to pay a separate fee for my blood draw?

A: If you schedule an appointment date and generate a Blood Draw Authorization form as required to utilize a Cyrex contracted Draw Center, there is no additional fee. If the patient is a pediatric draw (15 yrs. & younger) or you elect to use a non-contracted Cyrex Draw Center, you are fully responsible for any draw fee and or processing fee that Draw Center or service charges.


Q: When scheduling online for a Cyrex contracted Draw Center, am I required to schedule an appointment date to a specific Draw Center, or can I just walk in to any center listed?

A: Yes, when scheduling into a Cyrex contracted Draw Center, patients are required to select a date, and then choose a center by selecting the red button "Schedule" next to the location. This will generate a Blood Draw Authorization which serves as proof services have been pre-paid. Walking into the scheduled draw center without this form, can prevent you from being serviced.

Q: How do I schedule a Draw Center appointment?

A: Go to www.CyrexLabs.com, click "Payment & Scheduling" then enter your Requisition ID Number and Confirmation Code, which are printed beneath the barcode on your Test Requisition Form.

Cyrex Laboratories > Print Requisition Form



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MODIFIED DATE: 10/3/2012 4:37:21 AM ORDER DATE: 10/3/2012 4:37:21 AM

TEST REQUISITION FORM
Tests have to be prepaid
ATTENTION: READ INSTRUCTIONS ON SECOND PAGE BEFORE PROCEEDING

REQUISITION ID: T123456 CONFIRMATION CODE: CNC123

PATIENT:		ORAL FLUID COLLECTION:
First Name: John	Last Name: Demo	Date:

Q: What are the required materials for a Cyrex blood draw?

A: Test Requisition form, specimen collection kit, government issued photo ID

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Results

Q: How long does testing take?

A: The turnaround time for all Cyrex testing is 14 business days, from the date the sample is received.

Q: When do I get my test results?

A: All test results are sent to the ordering healthcare professional upon completion of testing. Ask the ordering healthcare professional for a copy.

Q: How can I get a copy of my test results from Cyrex?

A: Your test results are sent directly to your ordering healthcare professional. The Freedom of Information Act allows patients the right of access to their private medical documents. If you would like a copy of your test results, you must fill out the Authorization for Disclosure of Protected Health Information (available on this website [click here](#)). Fax or e-mail the form, accompanied by a copy of your government-issued photo identification (driver's license, passport), to Cyrex Customer Support.

Q: I am seeing a new doctor; how can I have my test results forwarded to his/her office?

A: Complete the Authorization for Disclosure of Protected Health Information ([click here](#)) Fax or e-mail the form, accompanied by a copy of your government-issued photo identification (driver's license, passport), to Cyrex Customer Support.

Q: My doctor did not explain my test results to me; can Cyrex provided interpretation or assist me with questions I may have regarding my results?

A: The regulations governing clinical laboratories prevent laboratory personnel from providing technical assistance to patients. Please contact your ordering healthcare professional regarding any questions or concerns you may have about the results.

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[How To Get Started](#)

Q: Can I order testing for myself directly through Cyrex Laboratories?

A: No. Cyrex Laboratories is not a direct to consumer lab. All testing provided by Cyrex Laboratories requires a licensed healthcare professional's order.

Q: How can I have a test done?

A: All testing provided by Cyrex Laboratories requires a licensed healthcare professional's order. The professional must be licensed to order high-complexity laboratory testing and have an account with Cyrex.

Q: My healthcare professional does not have an account with Cyrex; how can I get these tests done?

A: Your healthcare professional can visit this website or contact Cyrex Customer Support to set up an account.

Q: Does Cyrex have a provider's list?

A: At this time, Cyrex does not offer a provider list.

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[Cyrex Labs Licensure/Certification](#)

Q: Are Cyrex tests government approved?

A: Cyrex Laboratories LLC, is CLIA certified in the state of Arizona, and is also licensed by the state of California to perform laboratory testing. Cyrex participates in CLIA approved proficiency testing methodologies assuring that the highest quality procedures and regulatory compliance are maintained within the laboratory. Cyrex follows the federal guidelines for the development of its laboratory assays in order to provide reliable and accurate results.

**Congress passed the Clinical Laboratory Improvement Amendments (CLIA) in 1988, establishing quality standards for all laboratory testing to ensure the accuracy, reliability, and timeliness of patient test results regardless of where the test is performed.*

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[Billing](#)

Q: Can I send a check with my specimen(s) to pay for my Cyrex testing?

A: No. Cyrex accepts credit, debit, and health savings account cards displaying a major credit card logo.

Q: Can I pay for my testing in installments?

A: Cyrex does not offer financing services. All tests must be paid in full before services can be performed. Cyrex accepts all major credit cards.

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[Education](#)

Q: Do you offer classes for patients to learn more about gluten-reactivity and autoimmunity?

A: At this time Cyrex does not have patient-specific events scheduled